Basti is one of the five procedures of Panchakarma in Ayurveda. Basti is the prime treatment in shodhana and is considered as one of the most important treatment for many diseases. It is a method of administering enemas with medicated decoction, oils, ghrita, milk, mamsa rasa etc. through vaginal route, urinary route and anal route. This treatment method has both preventive and curative perspectives. Basti is described as Ardh Chikitsa or half of all treatments of world put together. Vata is consider as a main controller of the body. Since the vata is motive force behind the function of elimination or retention of mala, mutra, pitta and kapha in their respective Ashaya. There is no remedy other than Basti in alleviation of Vata. Basti karmas are very much beneficial which pacifies the aggravated vata doshas, increase strength of the person and maintain health and longevity. So, in this article attempt has been made to review the Basti procedure in Ayurveda.

Keywords: Basti, Panchakarma, Karmukta, Ardhachikitsa

INTRODUCTION: Basti is one of the procedure which is included in Panchakarma i.e Vamana, Virechana, Basti, Nasya and Raktamokshana. In this procedure, medicated fluid either in kwatha form or in oil form is administered in anal, vagina, or urinary rote (guda, mutra, yoni marga) with urinary bladder of animals. The medicated fluid stay in large intestine for a certain period to nourish the body as well as to draw the waste products from all over the body into the colon and to eliminate them out of the body by producing movements in the colon. It is one of the most important Panchakarma therapy.

AIMS AND OBJECTIVES

AIM: To study the therapeutic effect of Basti karma.

OBJECTIVES

1. To study the Basti in detail.
2. To study the detail about classification of Niruha, Anuvasana, Sneha and Matra basti

Definition: It is named as Basti as it is administered by the instrument Basti (urinary bladder of buffalo goat etc.)

Classification of Basti:

Classification of Basti according to material used as medicine:

1. Niruha Basti or Asthapano Basti.
2. Anuvasana or Sneha or Matra Basti.

Niruha Basti (kasha- decoction based): It is named as Niruha because it eradicates dosha from the body or snatch out the disease from the body. It is also named as Asthapano Basti due to its property of Vayasthapana or Ayusthapana. Niruha Basti is again classified into four types:

1. Madhutailik Basti.
2. Yuktaratha Basti.
4. Siddha Basti.
Anuvasana Basti: Sneha dravya are used in this Basti. It again classified into three types
1. Sneha Basti.
2. Anuvasana Basti.
Anuvasana or Snehika Basti: It remains in the body for some time without causing any adverse effect and it can be given every day. It is called Anuvasana because it does not produce any harm even though it stays for long time inside the body and also because it can be administered day by day.
Matra basti: It does not demand any regimen of diet or behavior. It can be administered at all times and in all seasons and it is harmless. Its dose is minimum dose of sneha matra. It promotes health.

Adhisthana bhedha:

Internal
1. Pakwashyagata
2. Mootrashyagata
3. Gharbhashyagata
4. Vranagata.

Note: In Vrana Basti urinary bladder is not used yet it has been termed as Vranabasti consider the etymology of Basti as Vassnehacchedapaharanesu.

External
Shirobasti, Greevabasti, Katibasti, Janubasti, Urobasti.

Note: Shirobasti and in other procedure mentioned above the medicine is not administered through basti i.e urinary bladder and not inserted into the deeper organs. In these Bastis, nomenclature has been considered as “Vas nivase” or “Vas achchedane”. Actually in Shirobasti and in other procedures oil in kept over the head knee etc. for certain period by making an artificial reservoir. Considering this fact all the external Bastis has been named.

According to the effect of Basti on Doshas:-
1. Dosho utkleshana
2. Doshahara
3. Dosha samshamani

According to the karmukata of Basti Dravya:
1. Brimhaneeya
2. Vishodhaneeya

Classification based on number of basti:
1.) Karmabasti - 30 Basti (18 Anuvasana and 12 Niruha)
2.) Kalabasti- 16 Basti (10 Anuvasana and 6 Niruha)
3.) Yogabasti - 8 Basti (5 Anuvasana and 3 Niruha)

Indication of Asthapana Basti:
Sarvangaroga, Malasanga, Katigraha, Ekangroga, katishoola, etc.

Indication of Anuvasana Basti:
The diseases which are suitable for Niruha Basti are also indications of Anuvasana. It is specially indicated in Ruksha Titikshna Vatarogi.

Contraindication of Basti:
Contraindication of Asthapanora basti:- Ajirna, Alpagni, Atisnigdha, Alsaka, Vamita, Visuchika etc.
Contraindication anuvasa basti:- Anasthapya, Arsha, Sthaulya, Pandu, Durbala, Kamala, Vishpeeta, Prameha.

BASTI YANTRA:
The instuments used to give Basti is known as Basti Yantra. It has two parts:
1.) Basti Netra.
2.) Basti Putaka.

Basti Netra: It means nozzle, which is connected with the Basti Putaka. Now a day, a rubber catheter is used as Basti Netra for Basti Karma.

Size of Basti Netra: (According to Acharya Charaka)
Upto 6 years: Six Anguli.
Upto 12 years: Eight Anguli.
Basti Putaka: It is the container of Basti Dravya and works as an elastic bag. The Basti Putaka is connected with Basti Netra. Nowadays, a polythene bag, enema pot with plastic rubber tube of different sizes according to quantity of Basti Dravya is being used. Anuvasana Basti can be given by glycerine syringe.

DOSE OF BASTI: 
(2 Prakunch= 1 Prasriti)

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Age</th>
<th>Dose according to Acharya Charaka</th>
<th>Dose according to Acharya Vagbhatta</th>
<th>Dose (in tola)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.)</td>
<td>1 year</td>
<td>½ prasriti</td>
<td>1 prakunch</td>
<td>4 tola =40 gms.</td>
</tr>
<tr>
<td>2.)</td>
<td>2-12 years</td>
<td>Increase the dose by ½ prasriti.</td>
<td>Increase the dose by 1 prakunch</td>
<td>Increase the dose by 4 tola (80-480gms)</td>
</tr>
<tr>
<td></td>
<td>12 years</td>
<td>6prasriti</td>
<td>Same as Acharya Charaka</td>
<td>560-960gms.</td>
</tr>
<tr>
<td>3.)</td>
<td>13-18 years</td>
<td>Increase the dose by 1 prasriti.</td>
<td>Same as Acharya Charaka</td>
<td>960 gms.</td>
</tr>
<tr>
<td>4.)</td>
<td>18-70 years</td>
<td>12 prasriti</td>
<td>Same as Acharya Charaka</td>
<td>800 gms.</td>
</tr>
<tr>
<td>5.)</td>
<td>Above 70</td>
<td>Dose equal to that of 16 years = 10 prasriti</td>
<td>Same as Acharya Charaka</td>
<td></td>
</tr>
</tbody>
</table>

According to Acharya Shusruta:
Dose of Asthapana Basti is equal to 2 prasriti, 4 prasriti, 8 prasriti in patients hand is considered as heena, madhyama and uttam matra. The maximum dose is given as 12 prasriti.

Anuvasana matra:
According to Acharya Sushruta
Sneha Basti - 1/4 of total quantity of Niruha (6 pala) i.e., 240 ml.
Anuvasana Basti - 1/2 of quantity of the Sneha Basti (3 pala) i.e., 120 ml.
Matra Basti – 1/2 of the Anuvasana Basti (1.5 pala) i.e., 60 ml.

Basti Ardhachikits: According to Acharya Charaka Vata is the most responsible to cause diseases in shakha, koshthadi, rogmargas. Collection, production and excretion of stool, urine, sweda, semen, etc. are controlled by Vata. Moreover, collection and transportation of Pitta, Kapha, mala, mutra, sweda, dhatu's (ras, raktadi...) etc. are also in the control of Vata. There is no cause greater than Vata. There is no remedy other then the Basti in alleviation of Vata. Therefore, Basti constitutes Ardhachikitsa.

Procedure of basti: Purva karma, Pradhana karma, Pashchata karma.

PURVA KARMA:-
A.) Selection of the patient
B.) Examination of patients: There are 9 factors which have to be analyzed.
Dosha, Aushadha, Desha, Kala, Satmya, Agni, Satva, Vaya, Bala.
C.) Dose fixation: In general the quantity of each ingredient mentioned by Sushruta especially under Dwadsha prasritika Basti is as follows:
Madhu: 2 prasriti
Saindhava: 1 Aksha
Sneha: 3 prasriti.
Kalka: 1 prasriti.
Kwatha: 4 prasriti.
Avapadravya: 2 prasriti.
D.) Preparation of patient: It includes Snehana and Swedana over abdomen,
thighs, gluteal and back is enough for Basti.

E.) Preparation of the Basti: The ingredients should be mixed in the order of Madhu, Saindhav, Sneha, Kalka, Kwatha and then Awapadravya one by one until it becomes homogenous.

Pradhanakarma:
Instruction to patient: Patient is asked to pass natural urges before Basti Pranidana and not to laugh, cough, sneeze, and yawn while administering Basti.

Shayana Vidhi: - Grahani and Guda are anatomically lying on the left side of the body. So in the left lateral position there will be better accessibility of medicament. Left lateral position helps in the gravity because of anatomical slop. It facilitates passing of Basti dravya across the rectum to other areas. In right lateral position Basti dravya has to go against gravity.

Time of Administration of Basti Asthapana Basti: - It should be given after complete digestion of meal i.e., empty Stomach.

Anuvasana Basti : - It should be given just after food, Buttocks are to be patted by hand are to be raised from droni or Basti peetha for three time. Abdomen is to be massaged in reverse direction. This is to be done in Anuvashana Basti to make the materials to retain as much as possible.

Reason for Giving Anuvasana Basti After Food
Theguna of the taila are vyavayi, tikshna, ushna and sukshma. These properties help the Snehadraya to move up upper part of colon and reach the Agnashaya. The food taken before Anuvasana prevent such movements and will allow Taila to stay and act. In the Pakwasaya. Hence the Sneha must be administered after food. If administered before food the complications will occur Agnimandya, Chhardi, Bhrama. In one research work the mechanism of taking food before administered Anuvasana and Niruha Basti in empty stomach has been explained through Pipette action, that is as we cover the upper end of Pipette with thumb the liquid in pipette doesn't let down, likewise as we desire to retain Basti in Anuvasana, so we advice patient to come adra-pani i.e., to take food before Basti administration which will cause one end closer and will not let down the Basti dravya. Whereas in Niruha it is desired not to retain Basti for much time so we ask the patient to come empty stomach. Both ends are opened thus not retaining Basti for much time.

Then Basti Netra is slowly introduced in direction of vertebral column upto 1/4th part of Netra. Then hold Basti Putaka in the left hand and keep the right hand on th Putaka. After this press it gradually with uniform pressure, neither too fast nor too slow without shaking of hand and instruct patient to breath deeply. Putaka is pressed till little quantity of basti dravya remains inside the putaka otherwise vayu enters into Pakwashya.

Then patient is asked to lie down in suoiue position with pillow below the hips till patient gets urge to defecate.

Pratyagaman Kala
Asthapana Basti\(^{22}\) – 1 muhurta (48 min)
Anuvasana Basti\(^{23}\) – 3 yama (9hour)

Samyaga Lakshana of Niruha Basti\(^{24}\)
Prasastavidamutra-malamutrapravartana, increase appetite, agni vraddhi, laghuta, rogashanti, balavraddhi.

Ayoga Lakshana of Niruha Basti\(^{25}\)
Pain in hridaya, guda and basti, bastishotha, pratishyaya (rhinitis), parikatika, hrillasas (nausea), retention of flatus, shwasa (dyspnoea).

Atiyoga of Niruha Basti\(^{26}\):
Atiyoga lakshana of Niruha Basti is not described separately. It is same as Virechana atiyoga lakshana.

Adhmana, Parikarta, Parisrava, Hridgraha, Vibhramsma, Stambha, Kamla

Samyag Yoga of Anuvasana Basti

After the administration of Basti if Sneha comes out with Vata dosha and fecal matter in proper time then it is said to be proper effect of Anuvasana Basti.

**Paschata Karma**

After administered of Basti patient has to lie in supine position for 100 Matra in case of Anuvasana and 30 Matra in case of Niruha. After defecation of Basti, hot water bath is given.

**Basti Prabhava:** Acharya Charaka has stated that as the sun due to it’s heat, dries out all the water from the earth, likewise the medication applied through anus by its virya, draws out all the vitiated doshas even from head (Niruhabasti). According to Vaghbhatta. As a plain cloth takes the colour when soaked in coloured water. Likewise basti draws out all doshas which are liquefied by Snehana and Swedana (Matra Basti).

**Effect of Basti on Agni:**

Due to elimination of morbid factors, Ama and Dustapureesha through Basti, the glands of gastro-Intestinal tract are revitalized and perform their functional effectively. Likewise it increases the digestion and absorption of the digested food material.

**Pharmacodynamics of Basti**

Basti is that which reaching up to kati, parshhava, kukshi and draws out the morbid doshas and feecal matter outside the body.

**Elimination of Vitiated Dosha From The Body Osmosis :-**

Basti dravya becomes as Hypertonic solution due to its ingredients like madhu, saindhava, kalka, kashaya introduced into body through the intestinal epithelial cells by the process of Osmosis and throws out doshas from the body. Thus Asthapano Basti dravya removes the morbid factors from the body.

**Pharmacodynamics of Anuvasana: Brimhana action of Anuvasana :-**

Acharya Charaka has explained the Brimhana action of Anuvasana Basti in beautiful manner. Similarly when Anuvasana Basti in administrated in Pakwashaya it nourishes whole body and controls the vitiated Vata Dosha since the Pakwashaya is the main seat of Dosha.

**DISCUSSION:** Whole intestine is covered by 4 layers namely Muscular, Sub mucosal, Serosal and Mucosal layer. The Mucosal layer is most superficial which comes in contact with the Basti Dravya which is administered. When the intestine gets purified daily ,the layers of intestine and villi get the nutrition and further absorption of micronutrients may be enhanced and these micronutrients may enter the circulation and finally it reach the target organ. Mucous membrane of intestine can easily absorb the lipid soluble content and finally pushes into circulation. The rectum contains Minute veins. The drug which administered may be absorbed through the veins of rectum which can by pass the second part of metabolism. Hence drug may deliver to the target tissues. Thus Basti is potent in curing many of the diseases

**CONCLUSION:** Ayurveda define 80 Vata, 40 Pitta and 20 Kapha Disorder. According to Acharya Charaka. Basti is the prime factor of the body building and also the diseases. To unite or divide such as mala, mootra, dhatushaya etc. Vata is prime cause behind all this actions Thus Half of treatment is said as basti. According to Acharya Sushrutha. Basti is
always useful in diseases caused by Vata, Pitta, Kapha, Rakta and mixed Doshic conditions. Basti is multi target mechanism, with multi drug combinations it can perform the action of elimination, pacification and collection such as31 Krishbrahayati (underweight is increased), Shhulakarsayati (obese made normal), Chakchuprinayati (nourishes the eye), Valipalitamapahanti (control the grey hair) Vayahsthapayati (ageing is prevented).

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